

becoming an Iowa *Outdoors-Woman*

Springbrook
Conservation
Education Center
Guthrie Center, Iowa

September 22-24, 2006



Becoming an Outdoors-Woman

is a workshop aimed primarily at women, but is an opportunity for anyone 18 years or older to learn outdoor skills usually associated with hunting and fishing, but useful for many outdoor pursuits. The workshop is for you if . . .

- ☐ you have never tried these activities, but have hoped for an opportunity to learn.
- ☐ you are a beginner who hopes to improve your skills.
- ☐ you know how to do some of these activities, but would like to try your hand at some new ones.
- ☐ you are just looking for the camaraderie of like-minded individuals.



*leading others in caring
for our natural resources*

2006 WORKSHOP SCHEDULE

Friday, September 22

10:00 - 11:30 Check in & Registration
 11:30 - 12:00 Welcome/Workshop Overview
 12:00 Lunch

1:00 - 4:30 **Session I**
 A. Intro to Firearms
 B. Basic Fishing Skills
 C. Waterfowl Hunting
 D. Dutch Oven Cooking
 E. Basic Kayaking
 F. Basic Camping
 G. Map & Compass

4:45 Run/Walk Through the Woods
 6:00 Dinner
 7:00 Evening Programs

Saturday, September 23

7:00 Breakfast
 8:00 - 11:30 **Session II**
 H. Basic Shooting
 I. Nature Photography
 J. Archery
 K. Dutch Oven Cookin
 L. Basic Canoeing
 M. Birdwatching
 N. GPS

12:00 Lunch



1:00 - 4:30 **Session III**
 O. Pursuing the Prey
 P. River Fishing
 Q. Archery
 R. Woodworking for Wildlife
 S. Basic Kayaking
 T. Backpacking
 U. Landscaping for Wildlife

5:00 Social Hour
 6:00 Dinner
 8:00 Evening Programs



Sunday, September 24

7:00 Breakfast
 8:00 - 11:30 **Session IV**
 V. Basic Shooting
 W. Fly Fishing
 X. Lake Fishing
 Y. Wild Edibles
 Z. Basic Motor Boat
 AA. Birdwatching Trip
 BB. Reading the Woods

11:30 Wrap up
 12:00 - 1:00 Lunch & Farewells

Enrollment Limit: 100 Register Early! Workshop space is limited.

International Sponsors

Archery Trade Association, Bass Pro Shops, Browning, Ducks Unlimited, Federal Ammunition, Leupold, National Rifle Association's Women on Target, National Shooting Sports Foundation, National Wildlife Federation, Pheasants Forever, Rocky Mountain Elk Foundation, Safari Club International Foundation, University of Wisconsin College of Natural Resources, U.S. Fish & Wildlife Service, Contributing sponsors: Cabela's, Lodge Manufacturing, Pope and Young Club. The Becoming an Outdoors-Woman program has been endorsed by the Executive Committee of the International Association of Fish and Wildlife Agencies.

WORKSHOP CLASS DESCRIPTIONS

A. Introduction to Firearms & Firearm Safety

This course is an introduction to the basic types of firearms, components, actions, ammunition, handling and safety in the field and in the home. This course will not include any actual shooting.

PREREQUISITE FOR: CLASS H, V

B. Basic Fishing Skills

This course will offer hands-on instruction on fishing equipment, fish identification, habitats and location, basic spin-casting instruction and fish cleaning.

THIS SESSION REQUIRES A VALID FISHING LICENSE

C. Waterfowl Hunting

Learn more about this intriguing sport. This class will cover waterfowl hunting equipment, methods, laws as well as choosing a hunting area, setting up, calling ducks and geese and dog work.

D. Dutch Oven Cooking

Learn to cook outdoors. The versatility of a Dutch oven will amaze you. Recipes will be shared and everyone will get a chance at preparing and sampling a variety of dishes and even desserts.

E. Basic Kayaking

Participants will learn the basics the popular sport. Information will include water safety, how to enter and exit the boat, paddle strokes and other maneuvers. Participants will practice skills on the lake, so prepare to get wet.

F. Basic Camping

Learn what to take and what to leave at home. Learn about equipment best suited to your needs including tents, sleeping bags and cook stoves. Learn how to make your trip a safe and enjoyable one. You will learn to put up a tent, build a safe fire and make a comfortable camp with low or no impact on the environment.

G. Map and Compass Reading

Participants will be exposed to a unique blend of humor and hands-on training, designed to make orienteering enjoyable. Map reading and compass skills will be applied to specific land navigation requirements of hiking, fishing, hunting and other outdoor activities.

PREREQUISITE FOR: CLASS N

H. Basic Shooting

Participants will become familiar with the different types of shotguns and rifles, ammunition and proper gun fit.

Time will be split between rifle and shotgun ranges, where participants will have opportunities to shoot clay birds and paper targets.

PREREQUISITE: Class A or Hunter Education Certificate.

I. Nature Photography

What does it take to get great nature photos? From the beginner to the advanced, let an experienced photographer answer your questions on equipment, choosing subjects, good composition and techniques. Bring a digital or film camera for some actual photo opportunities. Digital issues and considerations, as well as film, will be discussed.

J. On Target for Fun, Intro to Archery

Learn how to select a bow, arrows and other related archery equipment for hunting and target shooting. You will be able to apply skills learned by shooting at an archery range set up at the workshop.

K. Dutch Oven Cooking

Repeat of Course D

L. Basic Canoeing

Participants will learn the basics of water safety, equipment, steering and paddling strokes. Participants will practice canoeing skills on the lake, so dress for the weather and be prepared to get your feet wet!

M. Birdwatching

Participants will learn the basic steps in becoming an adept birder. Plan to hike in the area to learn bird spotting techniques and identifying various bird calls. **PREREQUISITE FOR: CLASS AA**

N. GPS (Global Positioning System)

The use of GPS (Global Positioning System) devices are becoming more and more common. Anglers use them to mark good fishing spots. Hunters use them to mark wildlife sightings. Backpackers use them for navigation in the backcountry. In this hands-on program you'll learn how a GPS works and practice using a hand-held device. **PREREQUISITE: CLASS G**

O. Pursuing the Prey

Want to know more about hunting? Participants will learn about scouting, tracking, hunting ethics and the pure enjoyment of all aspects of the hunt. Walk along a trail and encounter *shoot/don't shoot* simulations, cross fences and hunt from a boat. (No actual shooting in this class)

P. River Fishing

This course introduces rivers, river fish and river fishing. Participants will become familiar with methods used to catch fish from Iowa's nearly 20,000 miles of rivers and streams. (Not required, but course C will prepare you more for this session).

THIS SESSION REQUIRES A VALID FISHING LICENSE

Q. On Target for Fun, Intro to Archery

Repeat of Course J

R. Woodworking for Wildlife

Assisting wildlife with food and shelter is important. Learn about types of bird houses and nest boxes to make available in your backyard. Also tips for bird feeding, types of bird seed, feeders and best placement for viewing enjoyment. Participants will have the opportunity to make an item to take.

S. Basic Kayaking

Repeat of Course E

T. Backpacking Basics

This session will cover basic backpacking equipment and clothing, low-impact camping techniques and food selection. Participants will practice setting up tents and packing backpacks.

U. Landscaping for Wildlife

Learn what it takes to attract wildlife to your backyard, whether it be a bird, butterfly, squirrel, rabbit, etc. Learn habitat needs, plant identification and selection, and how to layout your yard. We will hike the area to learn some natural plant identification.

V. Basic Shooting

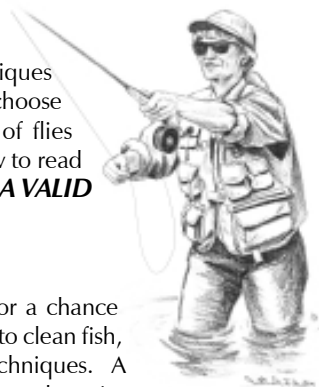
Repeat of Course H

PREREQUISITE: Class A or Hunter Education Certificate.



W. Fly Fishing

Participants will learn casting techniques for lake and river fishing, how to choose and maintain equipment, varieties of flies and the insects they imitate, and how to read water. **THIS SESSION REQUIRES A VALID FISHING LICENSE**



X. Lake Fishing

Head to nearby Springbrook Lake for a chance to learn fish habits and habitats, how to clean fish, safety around water and casting techniques. A quick overview of equipment before hopping aboard a two-person Bass Buggy for some actual fishing. (Not required, but course C will prepare you more for this session). **THIS SESSION REQUIRES A VALID FISHING LICENSE**

Y. Wild Edibles

Discover the tastiness of Iowa's wild bounty, whether it be nuts, berries, fish or fowl. Learn where to look and how to harvest various plants, as well as how to preserve and prepare Iowa's wild edibles, including fish and wild game. Participants will receive plenty of recipes and ideas.

Z. Basic Motor Boat Skills

In this course, participants will learn the basics of boating safety, how to back a boat trailer and how to operate various types of motorboats. Participants will have the opportunity to actually back trailers and operate boats on the water.

AA. Birdwatching Trip

Put your birdwatching skills to work as you travel by van to various ecosystems around the Guthrie County area. Wetland, riparian and prairie habitats may be included in the trip. Some hiking may be required.

PREREQUISITE: Class M

BB. Reading the Woods

What creatures live in these woods? How do you know what animal left that track? How long ago? What was it doing? Whether you are hunting with a bow, rifle or camera, observation and tracking skills are the key to increasing your enjoyment of the outdoors.

Please Read

Demonstration equipment will be provided unless otherwise noted in the brochure. An Iowa fishing license will be needed for the fishing classes and may be purchased on-line at www.iowadnr.com or at a local license vendor prior to the workshop. (Resident one-day license is \$8.)

Cancellation deadline is Sept. 8th. Cancellations before Sept. 8th will receive a full refund. After that date, a \$35 processing fee will be deducted from the refund. Registrants who do not attend and who do not cancel by Sept. 15, 2006 will be assessed the full program fee. You may send a substitute.

Scholarships. A limited number of funds are available for scholarships to first-time participants. Scholarship recipients pay \$70 registration. Please send a letter explaining your need for a scholarship along with \$70 and registration materials to the above address. Preference will be given to full-time students, single-parent households and Iowa residents.

Lodging will be in dormitories with 8 people per room. Sign-up for rooms will occur at registration. Linens (pillow, blanket, sheets, towels) will be provided. Bath facilities are in the dorms. All buildings are smoke-free.

Participants understand that photographs may be taken during the sessions and may be used in future support of the program.

Upon receipt of your registration and payment, you will be sent a confirmation letter, a check list of what to bring and a map to Conservation Education Center. Questions? Call (515) 281-6159 or email julie.sparks@dnr.state.ia.us



Iowa Department of Natural Resources
Wallace State Office Bldg.
502 E. 9th St.
Des Moines, IA 50319-0034

www.iowadnr.com

REGISTRATION FORM

Becoming an Outdoors-Woman - September 22-24, 2006

Only one person may register per form. Please photocopy for additional registrations.

Name _____
Address _____
City/State/Zip _____
Phone: Day(____) _____ Evening (____) _____
email address: _____

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating.

(Signature)

T-Shirt Size ____Med ____Large ____X-Large ____XX-Large

Age Group

☐ 18-30 ☐ 31-40 ☐ 41-50 ☐ 51-60 ☐ 61 and over

☐ Check here if you have any special needs that require assistance or dietary requirements.

Describe needs below (add page if necessary)

Have you attended a Bow workshop in Iowa before? Y N

How did you hear about BOW?

☐ News media (newspaper, magazine, radio, television) ☐ Internet ☐ Email

☐ Word of mouth ☐ Other _____

☐ A roster of participants' names, addresses, phone numbers and emails is included in each participant's packet. Please check here if you do not want this information included in the roster.

Indicate your first (1), second (2), third (3) and fourth (4) choice for EACH session.

Check possible prerequisites in the class descriptions.

Session I (Fri)

- ____A. Intro to Firearms
- ____B. Basic Fishing
- ____C. Waterfowl Hunting
- ____D. Dutch Oven Cooking
- ____E. Basic Kayaking
- ____F. Basic Camping
- ____G. Map & Compass

Session II (Sat)

- ____H. Basic Shooting
- ____I. Nature Photography
- ____J. Archery
- ____K. Dutch Oven Cooking
- ____L. Basic Canoeing
- ____M. Birdwatching
- ____N. GPS

Session III (Sat)

- ____O. Pursuing the Prey
- ____P. River Fishing
- ____Q. Archery
- ____R. Woodworking for Wildlife
- ____S. Basic Kayaking
- ____T. Backpacking
- ____U. Landscaping for Wildlife

Session IV (Sun)

- ____V. Basic Shooting
- ____W. Fly Fishing
- ____X. Lake Fishing
- ____Y. Wild Edibles
- ____Z. Basic Motor Boat
- ____AA. Birdwatching Trip
- ____BB. Reading the Woods

Workshop Fee - Fee includes instruction in all sessions, program materials, use of demonstration equipment and all meals.

____\$135 before Sept. 8 (Includes lodging)

____\$165 after Sept. 8

____\$100 before Sept. 8 (no lodging at Camp)

____\$130 after Sept. 8

Office Use Only

Date Rec'd _____

Amt. encl \$ _____

Check # _____

Send completed registration form and fee to:

Becoming an Outdoors-Woman, Iowa DNR, 502 E 9th St., Des Moines, IA 50319-0034

Make checks payable to Becoming An Outdoors-Woman

No registrations will be accepted by telephone, email or fax.

Past BOW participants: For each NEW participant (someone who has not been to an Iowa BOW workshop before) you bring your name will be entered into a drawing for a free registration (limit 3 names). The drawing will be held during the workshop and is sponsored by the Friends of Becoming an Outdoors-Woman. Please list the names and addresses of the new participants below and mail your registration forms together if possible.

Enrollment Limit: 100 Register early! Workshop spaces fill fast.

We would like to have this questionnaire on file in case of a medical emergency.
Filling out this form could provide us with important information if you were injured.

Medical History Questionnaire

All Information Is Confidential

Name _____ Date of Birth _____

Physician _____ Phone # _____

☐Yes ☐No Are you allergic to any medication (aspirin, penicillin, etc.)? List: _____

☐Yes ☐No Do you take any medication? List with reason: _____

☐Yes ☐No Have you ever been told by a doctor that you have epilepsy? When? _____

☐Yes ☐No Have you had recent surgical operations, accidents or injuries? When/What? _____

☐Yes ☐No Have you been "knocked out" unconscious, had a concussion or head injury? When?

☐Yes ☐No Are you pregnant?

Do you wear ☐glasses or ☐contact lenses?

Date of last tetanus immunization: _____

Please circle any of the following medical conditions you have had within the last 5 years:

Hay fever or allergies (especially to bees, ants, etc)

Heart Disease

High Blood Pressure

Asthma

Diabetes

Seizures

Fainting Spells

Do you have any medical training?

☐ Doctor ☐ Nurse ☐ Emergency Medical Technician ☐ Other _____

Name and phone number(s) of person to contact in case of emergency _____

Is there anything else about your health you would like us to know in case of an emergency? _____

Signature _____ Date _____